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suffered by its members at the hands of political jobbers or overbearing medical or lay managers should be allowed to pass in silence, or whether the society should not, to some extent at least, resent or take cognizance of such incidents and exert some slight degree of protection of its members.

There is also the very delicate question of ethics as to one another which has been suggested to the writer by more than one active member, and that is how far a member of the society may feel justified in following another in a position where some question of principle was involved without first making it clear that the principle must be upheld?

These and other points I commend to the society in the hope that it may truly become an effective public force.

THE WORLD'S WAR AGAINST CONSUMPTION

(Continued from page 31)

STAMPING OUT TUBERCULOSIS IN NEW YORK CITY

BY GRACE FORMAN

Graduate of New York City Training-School.

NEW YORK CITY, or, rather, Manhattan and the Bronx, are divided by the Charity Organization Society into eleven districts, and from each district such tales of woe and misery resulting from tuberculosis poured into the central office that it was decided to inquire deeply into its causes and prevention. A Committee on the Prevention of Tuberculosis was formed, and our statistician has shown us that in New York thirty thousand die of tuberculosis annually.

Medical research has proved by autopsies that most people have had tuberculosis of some part of the body at some time of life, but have been cured of that to die of something totally different.

After visiting fifty cases in the different districts, I felt convinced that in thirty-eight of these deficient nourishment was the predisposing cause.

But theories count for nothing with the Charity Organization Society, and everything must be proved. They asked if I thought that I could prove that statement. I thought that I could, and took one case to experiment upon.

She was a bright, ambitious, neat woman with two children, and had been deserted by a worthless husband. She lived in an attic room

with two dormer windows, one overlooking the street and the other an adjoining roof, so that the light and ventilation were good.

The physician consulted said that she had reached the second stage of pulmonary tuberculosis and was going down very rapidly.

She could not sit straight, but stooped at the shoulders badly. Her head was always held to the right side and that shoulder elevated, "to help to breathe and to relieve the pain." She could not walk half a block without stopping "to get breath."

She was relieved of the care and anxiety of her children, and I was given *carte blanche* to the amount of one dollar per day.

I gave her a very generous bill of fare to follow, but had trouble in persuading her that she was not extravagant in using milk and butter and the best of meat and vegetables, and she was greatly surprised to find fruit so liberally prescribed. She did her own cooking, kept a record of everything which she ate or drank, took long trolley-rides in open cars, and in nine days gained five and one-half pounds. In three weeks she returned to her work of olive-packing with a happy look replacing the worried and anxious expression, erect carriage, breathed deeply, and was able to walk several blocks without fatigue.

She earns from six to eight dollars per week, continues to take extra milk and eggs, and has learned the economy of good, nourishing food, and avoids the dangers of the teapot and frying-pan.

One young girl who has had twenty-one hemorrhages has been sent out in the country, where she takes nine eggs daily besides her regular diet and is building up and gaining in weight.

Of course, these patients are among the very poor, and cannot obtain the amount and quality of milk and eggs which the physicians wish them to have, and the Charity Organization Society obtains these for them with remarkably good results in most cases.

The three favorite prescriptions are food, air, and rest in proper doses. Very careful instruction is given each one respecting the sputum, and covered tincups with paper boxes inside are supplied to each patient. The paper boxes are burned daily or oftener, and paper napkins and pocket linings are supplied to those able to go about. Where the wage earners are ill, the rents have been paid and the families supported. The patient is given the room admitting most light and air and a bed alone if possible.

Most of these patients do better in their own homes, if properly looked after and instructed, than in the hospitals now open to them, and when their personal cleanliness is made the condition of their remaining at home it has often had a most salutary effect upon the entire household. If sent to a hospital for consumptives, they are apt to return

and tell you, "That was no place for me, for everyone up there had consumption but me." Others who realize and acknowledge their condition beg to be allowed to die at home. One brave little woman who had been the main support of the family begged her mother to forgive her for dying, assuring her that she had tried her best to live.

The Italians are particularly susceptible to tuberculosis. Leaving their pastoral lives for the overcrowded tenements so completely demoralizes them that they fall an easy prey to this cat-like disease, which often plays so long with its victims, and from which they so rarely escape if once caught. As their cheeks grow thinner, and their beautiful, dark eyes grow larger and brighter, you feel that the mute appeal of their helplessness when all human aids fail must reach to heaven, and that a remedy must soon be sent for this "great white plague."

Italians are so clannish and affectionate that we find eight or nine occupying two rooms, and we are rendered rather helpless when trying to show them that they are endangering their loved ones if we come up against their religion. Like a stone wall they reply: "I believe not one man make another sick. My God only send sickness. My child love God, God love my child—not make him sick." They are, however, susceptible to kindness, and will do for the loaves and fishes what nothing else will persuade them to do. You can separate them by paying their rent, supplying coal, food, clothes, etc., and so prevent a congestion of more than the lungs.

I do not feel that I have covered all the points that nurses need to know in undertaking this work, but the more it is studied the broader and deeper become the questions. The disinfecting and housing problems are most puzzling, but will be partly solved by tubercular dispensaries and sanatoria, probably, if we have patience and perseverance in this much needed work.

Case I.—September 24, 1902. Severe cold and cough lasting six weeks, following two years of very hard work and trouble, combined with the care and support of two children. Children cared for and extra diet supplied.

September 25....weight 114	pounds	October 19.....weight 123	pounds
October 4.....weight 119½	pounds	October 25.....weight 122	pounds
October 12.....weight 122	pounds	November 5.....weight 126	pounds
October 15, returned to work.		February 15.....weight 136	pounds

Case II.—Waiter. Was put under medical care and given extra diet, beginning with six eggs daily and two quarts of milk, which he has successfully increased to seventeen eggs daily and three quarts of milk, producing a gain in weight of six and a half pounds in three weeks. He is not yet allowed to use his arms in any work.

Case III.—A widow whose husband died of phthisis. Has a tumor and pulmonary tuberculosis. She is janitress in a large apartment-house and has one little girl to support. She was supplied with milk, eggs, and cod-liver oil. From December 15 to January 15 she shovelled thirteen tons of coal and gained three pounds during that time. The tumor has not increased in size, but she is considered too frail to be subjected to an operation.

WORK OF THE JOHNS HOPKINS ALUMNÆ

THE Johns Hopkins Alumnæ has taken keen interest in the warfare against tuberculosis, identifying itself when possible with any movements in that direction which have taken place in Baltimore. Our nurses were active members of a committee formed to collect money for the purpose of building a sanatorium for consumptives in the mountains near, and a good sum for this object was contributed by the nurses.

In one of the early numbers of the *Alumnæ Journal* Miss Barnard made a strong appeal to the members to bestir themselves, and to use their energies in some definite way to help on in this great warfare. Since then almost every number has had an article on the subject by some one of our members.

Interest in the nursing care of tuberculous patients led Miss Agnes Kernan, a graduate of the Class of 1901, to the Trudeau Sanitarium in the Adirondacks, where she remained at work for the better part of a year.

A similar interest has led Miss Sheba Milin, a graduate of this year's class, to offer to devote herself wholly to work among tuberculous patients in the city of Baltimore if suitable arrangements can be made. It is hoped that she may be able to carry out a plan of house-to-house visitation, providing proper care for the patients and teaching them and those about them how to prevent the spread of infection, securing careful disinfection of premises, and generally forwarding all known and available measures for the prevention of the disease.

M. A. NUTTING.

WORK OF THE VISITING NURSE ASSOCIATION, CHICAGO

IN January, 1903, the directors of the Visiting Nurse Association of Chicago appointed a committee from among their number to arrange for a meeting of physicians, charity workers, nurses, and others to con-

sider ways and means of organizing systematic work for the prevention of tuberculosis.

The meeting was called on January 26, and was well attended; and a committee on organization was appointed and called the Committee on Prevention of Tuberculosis of the Visiting Nurse Association.

At the February meeting of the directors of the Visiting Nurse Association it was decided to appropriate two thousand dollars for the preliminary work of this committee. An Advisory Committee was formed, composed of about thirty prominent citizens who are interested in this work and desirous of increasing its scope and usefulness. An office connecting with the offices of the Visiting Nurse Association has been rented, and a doctor is in attendance every afternoon to see any patients sent him by the Visiting Nurses, charity workers, and others.

Temporary branch offices are arranged for in each of the eight district offices of the Bureau of Charities with a doctor in attendance. Instructions have been compiled for the use of Visiting Nurses and others for the care of tuberculous patients. Cards of record of "history" of each patient and all necessary details concerning them have been distributed to all the Visiting Nurses and district offices.

As soon as possible the committee intends to open district offices of its own, where more systematic work can be carried on.

The central office is to be in a sense a clearing house for all the district offices, with the doctor in charge, where the history card of every patient will be filed away, and where charts of the city arranged to show the districts where tuberculosis is most prevalent, and with sanitary conditions indicated, can be found—in fact, where every data relating to the work of the prevention of tuberculosis in Europe and this country can be found.

Arrangements are being made for a number of lectures to be delivered during the coming winter in halls, settlements, and public schools on hygiene and other questions pertaining to the prevention of tuberculosis. As soon as is practicable in the autumn a meeting of the Advisory Committee and others is to be called to consider ways and means for the enlargement and further progress of the work.

The question of more sanitary housing of the tuberculosis patients in the city, more healthful occupations for those with tuberculous tendencies, as well as health farms and sanatoria both for adults and children, will be discussed and plans of work arranged.

L. P. HOUGHTELING,
Chairman of Committee on the Prevention of Tuberculosis.

**AID GIVEN BY THE PRESBYTERIAN NURSES' ALUMNÆ,
NEW YORK**

IN modern days the old adage, "An ounce of prevention is worth a pound of cure," has become the radical principle of all philanthropic work. We have passed the stage of giving as a charity, and now, when we try to help our weaker, needier fellow-man, we study first to find the cause of his incompetence and remove that so far as in us lies. Frequently the inability to provide a livelihood for one's self and those under one's care is due to ill-health.

One of the saddest things in work among the poor is the prevalence of incurable hereditary disease. We see so many families with the fatal tubercular taint running through them, growing and spreading under unsanitary conditions, until death sets its seal upon them one by one.

Our contemporaries who have given their lives to the study of this dread disease, its prevention, cure, and treatment, agree that proper hygiene and good, nourishing food mean more in arresting its progress and exterminating it than almost anything else. This, of course, is true of most diseases, but not in the same measure.

The hospitals of the city are constantly lamenting the fact that patients with a tuberculous tendency must be sent back to their poor food and unhealthy environment just when the work of recuperation from an initial attack and the fight against the ever-advancing disease has been begun. This means that to a great extent their work is undone. The evils under which the "other half" live quickly put them farther back than they have progressed.

In view of these facts Miss Savage, a Presbyterian graduate, under the auspices of Dr. James and the Vanderbilt Clinic, has been visiting among such discharged patients, studying deeper into their needs, and at the same time teaching them how, even with means seemingly so inadequate, they may fight disease by observing simple rules of ventilation and cleanliness. Another efficient worker is trying to show them what the body requires as food and how it should be cooked. With such earnest exponents of noble effort along this line a wonderful start has really been made, and to us falls the duty and privilege of giving our aid and support. The Alumnæ Association has already appropriated one hundred dollars for buying milk, eggs, etc., for the propagation of this work during the coming year, and satisfactory arrangements have been made with grocers and butchers in these neighborhoods whereby suitable food may be supplied.

(To be continued.)